

MOT JUSTE



*"If we had no Winter, the Spring
would not be so pleasant: if we
did not sometimes taste of ad-
versity, prosperity would not be
so welcome."*

~Anne Bradstreet

Administrators' Message

- R. Cadieux & S. Cockriell

While we transition into our second semester and prepare for 2019-20 course selection and registration, we reflect on our first semester in this winter edition of the *Mot juste*.

This year, our Learning and Behaving plan, in its third year of our implementation, focuses on lesson plans encouraging responsibility towards our environment and being proud Canadiens. Recent and upcoming campaigns target improved attendance, speaking French, and increasing sustainable development and digital citizenship.

CPET completed the provincially-mandated Our-SCHOOL bullying and safe schools (formerly Tell Them From Me) student survey in late November. Results are consistent with past survey data. In summary, bullying data is generally on par with national trends. While our students express less

concern for their in-school personal safety (as compared to national norms), student anxiety and stress levels are markedly higher. While these results might reflect the November stress – students responded to the survey during the first reporting period – this wouldn't account for the upward tick as previous surveys were taken at the same time of year. It's a clear message that increasing resiliency and gaining coping strategies must become a priority for our school and students. It's timely then that RETSD and its high schools are launching the *Yellow Bench: Yellow for Hello*' campaign. This initiative places the spotlight on mental health and community resources while encouraging people to destigmatize and encourage dialogue about their mental health. CPET is rolling out the campaign as I write.

Administrators' Message (cont.)

Several sports teams are in mid-season form and we are proud to report our student athletes' results and upcoming events during our daily announcements. We will feature full season reports in the Spring edition of *Mot juste*. Go Canadiens! Both CPET hockey teams were recently featured in *The Herald*: [Canadiennes article link](#) [Canadiens article link](#).

Our graduating students have just written their first provincial exams. These seem to signal the beginning of the end as our grade 12 students head into their final semester of high school prior to graduating.

Our Open House for prospective parents and students will be held on February 19th, 2019. Returning students and parents will be registering and selecting 2019-20 courses February 26th. Full details and information have recently been shared with students and parents and are now available on our web site.

Trip planning is ongoing for a busload of students participating in our Giants Ridge Ski and Snowboard excursion while other students are in the final preparation phases of their spring break trip to France. The music program is rehearsing for a busy March which includes the Optimist Festival and the Brandon Jazz Festival.

Student Council coordinated another successful annual Christmas hamper drive and will next or-

ganize school activities in celebration of the *Festival du Voyageur*. We will kick off the *Festival du Voyageur* with an afternoon *Dérouine* (Voyageur games) Friday, February 15 organized by Student Council.

In spring, various students will be participating in our yearly 1800-minute Famine fundraiser, Brandon Jazz Festival, and the MUNCH Indigenous Mentors at Lunch program.

On a staffing note, we welcome *Français* teacher M. Trent Tuttosi to staff along with M. Koffi Sedzro who will begin Mme Coutu's second semester courses. Also, Ms. Élise Ahrens-Townsend returns to CPET in the mornings to teach English Language Arts.

Parents who have not yet logged on to the parent portal or who are not receiving occasional emails from the school are encouraged to contact the office.

I've become personally increasingly averse to winter, the cold, and snow over the years. Realizing it's not winter that has changed so much as my attitude, I've tried embracing the season and I think it's making a difference. So, embrace the season! Don't let Old Man Winter push you around! Brew a cup of coffee or hot cocoa, take your laptop outside, put your feet up on a snowbank and enjoy our winter edition of the *Mot juste*!

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For more information about the board of trustees, visit: www.retsd.mb.ca/BoardofTrustees

CPET CANADIENNES SOCCER



CPET 2018-19 Canadiennes Indoor Soccer Team. Full season report in Spring edition.

CPET CANADIENS INDOOR TRACK

Our CPET Track Team consists of coaches D. Camara, D. Lavergne, & Z. Braga and student athletes Bailee Souriyavong, Baylee Cesmystruk, Brody McDowell, Claire Holowachuk, Dorothea Hepp, Emma Boughen, Jackie Tran, Leah McDougall, and Sam Blaquiére. We have 4 qualifying meets: January 10th, January 21st, February 6th, February 15th and the Championship meet on March 13th. We practice every Monday and Wednesday after school and when we aren't practicing, we do home workouts supplied by our coaches. These home workouts consist of conditioning and core training; this helps us prepare for upcoming meets or other sports that we participate in.

The track events are 60m, 200m, 400m, 800m, 1500m, 60m hurdles, 4 x 200m relay, mixed relay (800m, 400m, 200m, 200m) and the field events are high jump, triple jump, long jump, and shotput. Indoor track is important for staying active

during the winter months especially because normally during the winter we do less exercise and physical activities. Therefore, track is a good sport to do, as it is short but keeps you active. Also, running and jumping helps develop leg muscles which make it easier to have good overall balance. Good body balance makes it easier to move and helps prevent injuries.

As indoor track ends, outdoor is not far behind. Outdoor track is a 400m track, instead of 200m and has a few more options as to what events you can do. We encourage you to join outdoor track to stay active, strengthen your muscles and have fun! Practices for outdoor track will start in March 2019 – Stay tuned!

- Submitted by student athletes Leah McDougall & Claire Holowachuk

CANADIENS HOCKEY

- Submitted by Carson Allaire, Aidan Altomare, Kyle Baillie & Damian Bates (team leaders)

The CPET Canadiens had a great start to the 2018 - 2019 season. The Canadiens have been proving themselves a solid hockey team in the WSHL Price Division. The team is on a 12-game winning streak and show no signs of slowing down. Just over halfway through the season and the team has really come together as a group which is reflected in the level of play.

The team welcomed a lot of new faces to high school hockey and it didn't take long for the players to come together. Both players and coaches have noticed that individual players have elevated their game and are happy to see that in addition to their personal growth, players have found chemistry with their line mates. These factors along with the goalies, Caden Ryland and Dylan Kurjewicz, who are both able to perform against the top teams in the division, are instrumental in the team's current success.

In October the team traveled to Chicago for the Chicago Fall Classic Tournament. The level of play during the tournament was amazing. The boys held their own during each of the tournament games but lost a hard fought battle in the bronze medal game to Zionsville Eagles with a final score of 4 to 3. Many par-

ents and family members joined the team on the trip and their encouragement and support was greatly appreciated.

This season is proving to be the most successful Canadiens regular season in CPET history. The last time the team made it to the finals was 3 years ago and players feel strongly that with the continued level of play, they have a chance at the finals once again and are eager to play against the top teams in the Price Division to see which team is most dominant on the ice.

The boys encourage all students, staff and CPET community to come out and support our Canadiens and hope to see a packed home rink for every game as they definitely appreciate their fans. Anyone interested in keeping up with league standings and stats can consult the [WSHL website](#) for more information.

Congratulations to Carson Allaire, Aidan Altomare, Damian Bates, Kale Marshall, Caden Ryland and Sam Sass on being chosen to represent CPET in the WSHL Price Division All-Star Game held on January 20, 2019 at the MTS IcePlex. The boys played a pivotal role in Team Grey's 4 – 3 victory over Team Blue.

CANADIENS HOCKEY (cont.)



The snow is coming and so is the Giants Ridge Ski and Snowboard trip. This year 46 grade 10, 11 & 12 students and 5 teachers will be heading off for three amazing days at Giants Ridge, Minnesota. The scheduled dates for the trip are February 27-March 1, 2019.

This will be a wonderful opportunity for students to practice their French in an informal

setting and get some fresh air. We are all excited about the trip and look forward to getting to know the students in an informal milieu.

- The Giants Ridge Planning Committee

CPET CANADIENNES CURLING

- Mme Chantal Hébert

Our girls curling team is wrapping up their season on Tuesday, February 5th at the St Vital Curling Club. Last week, the girls took on a few teams of coaches and teachers for a little wind-up as the season comes to an end. The girls have had a great season learning the game of curling and taking home a win and a tie in recent games!

It's nice to see the girls coming together, supporting each other every game and celebrating everyone's successes. It has been a pleasure watching these girls grow together as a team, smiling the entire time. Good luck with the last game of the season! And thank you for representing our school so well!

Nous sommes fiers!!!



CPET CANADIENNES HOCKEY

Our CPET girl's hockey team had the opportunity to play in a 3-day tournament during the Christmas holidays in New Hope, Minnesota. Although we were slightly over matched, the girls walked away having a new view on the game, developed the skill of hopping

over the boards and became closer as a team. A humbling experience from players to coaches.

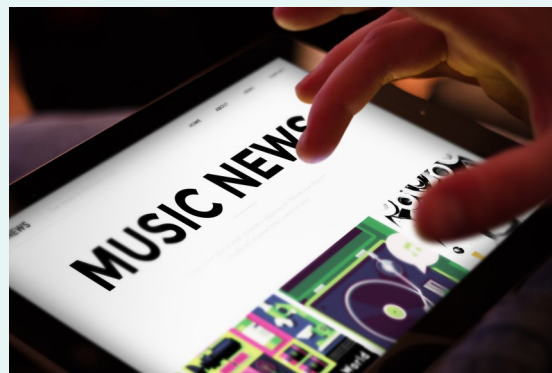
We are currently sitting in 4th place in the Hire Marketing Division with one game remaining in regular season play. We close out the regular season this Friday, February 1st, against Steinbach on our home ice. We are looking forward to the playoffs as anything can happen. Players are hungry for another chance at the finals and coaches are strategizing our next move. We're ready to keep playing CPET hockey, are you?!

- Mme Hébert



MUSIC NEWS

- M. Brady Gill



Congratulations to all CPET music students on a fantastic Winter Concert!! Bravo!

The CPET Spring Concert is Tuesday May 14th, 2019. Please mark your calendars. (Note the change of date from the original school calendar to avoid conflicts with our feeder schools)

Music Shirts

All students new to the music program at CPET were given a CPET music shirt prior to the Winter Concert. Cost of the shirt is \$30.00, please remit payment prior to April 1st.

Winnipeg Band Festival

CPET concert bands will perform at the Winnipeg Concert Band Festival at the **Convention Center**.

Grade 9 Band : Wednesday February 20th at 10:30 AM.

Grade 10-12 Band : Thursday February 21st, 5:30 – 7:00 PM. Students will be responsible for transportation home after the performance.

Permission forms will be distributed at the beginning of 2nd semester. All band students are expected to participate.

Winnipeg Jazz Festival

CPET jazz bands will perform at the Winnipeg Jazz Band Festival at the **Franco Manitoban Cultural Centre**.

Day 1 Jazz : Saturday March 2nd, 1:15 – 3:00 PM.

Day 2 Jazz : Saturday March 2nd, 10:45 AM – 12:15 PM.

Students will be responsible for their own transportation.

Brandon Jazz Festival

Letters and permission forms for the Brandon Jazz Festival have been distributed. CPET Jazz students will travel to **Brandon University** to participate, March 14-15, 2019. Students perform for adjudicators and their peers, attend clinics, concerts and listen to other high school bands.



REPORT FROM CPET STUDENT COUNCIL

- Julianna Kinley, Student Council Member

With the New Year approaching, the hallways of CPET were filled with excitement in anticipation of our December activities. During our last week of school, the population of CPET participated in a Spirit week to end off another successful month and to lead into the month of January with the end of the term, as well as exams.

Spirit week started off with “sports day”, a fun way to kick-off spirit week and to show our support of all activities, especially our CPET sports teams. On Tuesday, students wore their best “retro day” looks as a way to show their favourite decades and styles. On Wednesday, everyone came to school matching with someone else for “twin day”. Although no one tried to switch places with their twin, everyone who participated looked great in their matching outfits. With the new generation comes new spirit week themes, and with many requests came “meme day”. Every student was asked to become their favourite meme, including the teachers. The creativity of some students was showcased on this day, for something they enjoyed and requested. And with our last day at school of 2018, came our “Christmas day” to celebrate the up coming holiday season, with all red, green and ugly Christmas sweaters included. With each day of new outfits and characters, students who participated were given a ticket to add into the CPET draw, entering to win a prize of CPET merchandise, to thank them for their school spirit through out the week.

Before the planning of spirit week, the entire school started preparations for my favourite activity of the month. Each class was given a bucket and a list of items needed, to create their own Christmas hamper for a family in need this Christmas season. Working with the Christmas Cheer Board, CPET was given the task of creating 12 hampers for 12 Winnipeg families. The CPET students really out did themselves by filling

all 12 completely and still having loads of food left over for the Winnipeg Food Bank. In total, Collège Pierre Elliott-Trudeau gathered 1,454 pounds of food as well as \$1,359.30 in cash, to purchase other items needed to complete each hamper. The classes were given a task from the school to fill their buckets as much as possible with the heaviest hamper winning a pizza party for their entire class. In first place, the first period class of M. Coppinger gathered 142.2 pounds of food and \$275.75 cash, as well as offering to donate the money that would be used for their pizza party instead of receiving the treat for themselves. This puts the class as reigning champs of many, many years led by M. Miron and M. Coppinger in his first year with the champions and, hopefully for them, many more years to come. Although the “competition” was a fun way to gather all the food needed, the most amazing part was the story behind each hamper. Each hamper was made up of all the same food items however, small gifts were added for the children and with each stuffed animal and toy car came a story of real people. Realizing that the hampers were not just buckets of food, but a meal for a real family was the most important thing I learned. When dropping off the hampers, meeting the people who would receive all the items we collected, hearing how thankful they were for this opportunity to give their children an amazing holiday meal, was an experience we will never forget and look forward to continuing next year, and for many years to come.

Ending off the 2018 CPET year with kindness in our hearts, with school spirit in our hallways and exams on our minds, we thank everyone for their participation during spirit week and with their contribution to our Christmas hampers and wish everyone good luck on exams and the start of a new term.

CPET ETHICS BOWL TEAM

- OFF TO NATIONALS

On December 18th, we (the CPET Ethics Bowl team) represented the school at the University of Manitoba for the annual High School Ethics Bowl competition hosted by Manitoba Associations for Rights and Liberties. Our team is comprised of grade 10-12 students who have expressed interest in social justice and environmental issues. Six of the seven of us are photographed below right.

We put in a lot of extra hours preparing for our competition. We would meet before school, at lunch, after school and even later in the evening - the week before the competition we found ourselves putting in 4-5 hours a day to ensure we were well prepared. It was exhausting but so worth it! We were successful at the Bowl and earned a place in the first National Ethics Bowl at the end of April. We have benefitted enormously from being a part of the Ethics Bowl and we were so excited when we found out we placed top three in our pool because that meant that our season wasn't finished! We have gained so much from this experience, each one of us taking something different away. We have seen many positive outcomes from participating on this team. A few examples being:

Group work - it has taught us to consider other people's points of view more naturally. If people have opposing views, we are able to better understand where they are coming from. Not only have we noticed this at school, but some of our parents have even picked up on this at the dinner table!

Confidence - we have gained confidence in our ability to formulate and articulate our ideas, whether it be in

a large or small group setting. We are not going to lie, the day of the competition and leading up to it was very stressful. We believe, however, that it was a very positive experience and we are now able to better handle stressful situations because of it.

Ideas - we are able to make more convincing points to support our arguments. We have learned to push ourselves to think more deeply about a topic in order to attain a higher level of thinking.

All in all, all the hours of research, discussion and preparation have been well worth it. We are looking forward to receiving the cases so that we can start preparing to represent CPET at the national level April 25 and 26th!



- Ainsley, Julianna, James, Helen, Lexi, Aminah, Emma

STUDENT SERVICES SCENE

- Mme Klausen & Mme Goulet

Post-Secondary Open Houses

Grade 11 and 12 students are invited to attend Open House events at Red River College, University of Winnipeg or University of Manitoba. Participation is voluntary, students will be responsible for their own transportation and parents must excuse any absences from classes.

RRC	Tuesday February 19 th	9:00-2:00 and 5:00-8:00	Notre Dame Campus North Gym – 2055 Notre Dame Ave. https://www.rrc.ca/student/openhouse/
U of W	Wednesday February 20 th	9:00-1:00 and 5:30-8:00	Dr. David F. Anderson Gymnasium, Duckworth Centre (400 Spence Street) https://www.uwinnipeg.ca/openhouse/
U of M	Thursday Febru- ary 21 st	9:00-2:00 and 6:00-8:00	Fort Garry Campus, UMSU University Centre http://umanitoba.ca/student/es

Scholarships and Bursaries for Graduating Students



Important information has been added to the scholarship information page on Mme Klausen's web site www.lklausen.weebly.com under "Scholarships". Some deadlines are fast approaching! To be considered for entrance scholarships to any of the Manitoba universities, graduating students must complete and submit their applications for admission by March 1st.

Tri-School Career Fair

Murdoch McKay Collegiate, Transcona Collegiate and Collège Pierre-Elliott-Trudeau have partnered to provide a Tri-School Career Fair for grade 9-12 students, their families and the community. Businesses, industries, services and post-secondary institutions will be present to answer questions and share exciting career opportunities available to the Transcona community. Administrators and Student Services staff from MMCI, TCI and CPET will be in attendance to answer school specific questions. We look forward to seeing you at the event!

When: April 4th, 2019 6:00-8:00 pm.

Where: Gymnasium, Collège Pierre-Elliott-Trudeau, 216 Redonda Street

University of Manitoba Outreach Day

Every year, the Faculty of Engineering at the University of Manitoba holds Outreach Days, which are designed to provide high school students who have strong math and science skills with an opportunity to be introduced to the world of engineering and engineering education. High school students between grades 10 and 12 are invited to participate. Students will be exposed to the wide variety of career options made available by studying engineering. Outreach Days are facilitated by upper-years students and activities range from information sessions and engineering classes to tours of the complex and research labs. A design competition will be hosted where students will get a taste for the design process and learn about the importance of teamwork in engineering.

A free pizza lunch is also provided. Students are responsible for their own transportation both to and from the event.

Outreach Day: Monday, March 18th

The event will be held in the EITC Atrium from 9:00 am – 3:30 pm. Space is limited! Spots will be allocated on a first come, first serve basis. Please confirm with Mme Klausen early to avoid disappointment. The deadline to confirm attendance is Friday, March 8th.



École Margaret-Underhill

25 Regina Place | Winnipeg, MB R2C 0S5 | Tel: 204.958.6832 | Fax: 204.222.4998



Dear Families,

Re: Online Safety Awareness - Parent event- Wednesday, Feb. 27th at 6:00 pm-7:00 pm

We are pleased to work in partnership with the Winnipeg Police Service to bring important information to parents and guardians.

Martin Boileau is a police Constable with the Winnipeg Police Service and currently assigned to the School Engagement Section. The focus of a School Education Officer is to connect and build trusting relationships with students, staff and parents alike through pro-active education. As a bilingual (French & English) School Education Officer he facilitates presentations of various topics including but not limited to social, health and behavioral related themes which directly impact our children and youth of our communities. The vital goal is to educate and bring awareness in a way that enhances our children's confidence, improves their decision-making skills and develops their overall mental, behavioral and emotional wellbeing.

The objective of a parent/guardian information session is to bring awareness in respect of online activities and inspire parents to get involved in what their kids are doing or will be doing online as they progress into middle and senior years. With continuous advancement in technology comes the realization that many children are precariously connected to the virtual world instead of actively connecting with the real one. It is essential to discuss the hot trends and subjects that captivate our children's attention and ensure they stay family focused and safe.

We will openly discuss topics such as: the internet and technology, social media, online chatting & predators, uploading & sharing of photographs, cyberbullying & harassment, and youth mental health. Additionally, we will discuss impending and lasting consequences with a goal to promote good decision-making skills now. The information session also includes a series of tips and suggestions for parents/guardians as well it will encourage families in establishing rules or guidelines for online usage. There is a strong correlation between parents/guardians who actively engage with their children and the positive effects it has on family dynamics. Remember, you don't have to be a computer expert to keep your kids safe online!

We respectfully appreciate the time you have taken to review this letter in hopes you **(parents and guardians only)** will be attending our presentation on **Wednesday, Feb. 27th at 6:00 pm-7:00 pm at École Margaret-Underhill – 25 Regina Place**. If you are interested in attending, we ask that you please contact the office at either Collège Pierre-Elliott-Trudeau or École Margaret Underhill to help us prepare for the number of people interested in attending. If you require babysitting services for this event, please indicate that as well.

Regards,

Participating Schools: **École Margaret-Underhill, École Centrale, École Regent Park and Collège Pierre- Elliott-Trudeau**

Constable Martin Boileau #2700

School Education Officer /Agent de liaison aux écoles

School Engagement Section Winnipeg Police Service

Email: mboileau@winnipeg.ca

